

Mission In Motion

Health & Wellness
Tip of the Week
Week 27



July 1, 2013

They look tempting in their pretty wrappers but what's inside many prepackaged snacks can harm your health. Many foods marketed as low-fat or fat-free can be high in calories, and even cholesterol-free snacks can still have too much fat, saturated fat and sugar. Try to aim for snacks with percent daily values close to five percent for fat, sugar or sodium. Check the label on the wrapper and see what you're really getting. After all, it's what's inside your snack—and you—that counts.

Source: Mayo Clinic Online Resources

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